

Extreme heat is not to be taken lightly

Did you know that when the outside air temperature is 23°C, the temperature inside a vehicle can reach over 50°C?



Many places in Canada have a high number of extreme heat events or heat waves. Extreme heat can put your health at risk, **causing illnesses like heat stroke and even death**. It is important to take precautions to protect your health and the health of your family and loved ones.

What are the signs and symptoms of heat illness?

- **Heat exhaustion** can cause skin rash, muscle cramps, dizziness or fainting, nausea or vomiting, heavy sweating, headaches, extreme thirst, dark urine and decreased urination. If you experience any of these symptoms during extreme heat, **immediately move to a cool place and drink water preferably**.
- **Heat Stroke** is manifested by a high body temperature, confusion and lack of coordination, dizziness or fainting, no sweating, but very hot, red skin. **Heat stroke is a medical emergency! Call 911 or your local emergency number immediately.**

While extreme heat can put everyone at risk from heat illnesses, health risks are greatest for the elderly, infants and young children, people with chronic illnesses (like breathing problems, mental illness and heart problems), people who work or exercise in the heat, homeless people and people with low-incomes.

During extreme heat, **the most important thing is to keep cool and hydrated**. Remember that **you should never leave people or pets inside a parked vehicle or in direct sunlight**.

For more tips, please visit [Extreme heat events](#).

Higher temperatures linked to extreme heat can increase the risk of wildfires. Wildfires and heatwaves are increasingly intense, long-lasting and affecting larger areas. Get ready for wildfire events by visiting canada.ca/wildfiresmoke